

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.



Lean + Green Smoothie

- 8 oz unsweetened vanilla almond milk
- 1 tbsp spirulina powder
- 1 tbsp barley grass powder
- 1 tsp brain octane oil
- 1 tbsp raw almond butter
- 2 full droppers of chocolate stevia
- 1 scoop of your favorite protein powder (vanilla Skinny Gut used here)
- 1 tbsp chia powder
- Ice cubes for texture

Add ingredients to blender. Can add toppings such as cacao nibs and hemp seeds as pictured. Serve and enjoy!



"It's all about gauging our glycemic index. Leave the spiking for your next volleyball match. Here's one of my favorite at home shakes to make with fiber, protein, healthy fats, and greens. We're keepin' it light and tight with this sugar free/carb free formula. Now you can really shake your groove thang on the dance floor without worrying about potential wobbly bits bouncing around."

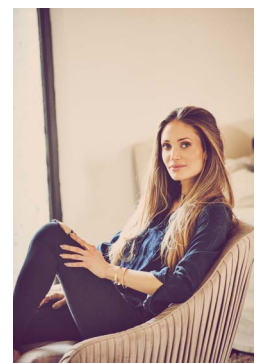
Vanessa

Recipe + photograph courtesy of Vanessa Fitzgerald, VFWellness

Episode #20: Addictions + PCOS with Vanessa Fitzgerald

Email Lynn with questions or comments at lynnogryzlo@gmail.com

Vanessa Fitzgerald,
health coach, natural foods
chef, yoga teacher, and
overall wellness wizard



Because What You Eat Matters!